



**VERSUS
ARTHRITIS**

We are here to support
people with MSK
conditions.

Commissioned services

Our Living Well with Arthritis Commissioned service guides people with Osteoarthritis of hip or knee through a shared decision-making process to determine which treatment options are right for them. It also improves care by empowering people to be closely involved with their own care planning.

Shared decision-making can improve the quality of decisions, boost people's satisfaction with their care and sometimes improve cost effectiveness.

When local CCGs Commission our Living Well service, GPs and other Healthcare Professionals can refer patients to our services.

During our services facilitators focus discussions on the areas that matter most to the groups or individuals needs, and they cover a range of topics including pain management, exercise, weight loss, healthy eating, and the risks and benefits of surgery.

It is important to know that, at Versus Arthritis, we do not try to influence the number of patients who receive surgery, and that we focus on having quality interactions and empowered conversations that are relevant to individual people with arthritis.

However, there is some evidence from CCGs where we are active that the number of people receiving surgery is declining.

“ I wouldn't have followed up with my physical activity sessions if I'd not been to the workshop. I was suffering with pain and after five sessions with the physio doing those exercises, I no longer get (the pain) and I have also been taking less medication.

Living Well Participant

Our resources

If you are ready to explore how we can help people living with arthritis in your CCG area please see our [information booklet](#) or get in touch to discuss your interest and costings.

– **Becky Shipley**

Commissioned Services Manager for England

✉ services@versusarthritis.org.uk

☎ 0300 790 0433



People accessed our services since we launched Living Well in 2014



Out of 1,169 people said they were satisfied or very satisfied about their Living Well experience.



People who took part in Living Well decided not to have surgery.

Physical activity

Research shows us that engaging in physical activity reduces pain, improves quality of life and strengthens the muscles and joints. Versus Arthritis is facilitating a way for people to incorporate movement into their everyday lives, empowering people with musculoskeletal conditions to reclaim activity at a level that is right for them.

Versus Arthritis has spent 12 months listening to people with arthritis and understanding their **barriers and facilitators** to exercise. In 2019, we surveyed over 800 people with MSK conditions from across the UK.

We are using the evidence of what works to inform our **support groups** activity menu including evidence based interventions such as **Escape-pain**. Our Physical Activity expert advisors are helping to shape our offer including world leading experts from our **Centre for Sport, Exercise and Osteoarthritis Research**.

Let's Move is our new digital programme tailor-made for people with arthritis to help them on their physical activity journey. We are developing a series of videos featuring experts and people with lived experience of arthritis. There will be myth-busting blogs, animations, podcasts and live streams. These will be shared on our social media channels as well as our **virtual assistant**. As part of our **online community**, people with arthritis can make connections with people who are on the same journey and to get expert advice.

Our resources

- Our **exercise page** includes trusted information, leaflets, **guidance** and support to answer any questions people may have around exercise and **pain management**.
- Our **'We are Undefeatable'** resources are enabling people to build physical activity into their lives, in a way that their condition allows.
- **Physical activity** policy position
- Guidance for commissioners **Providing Physical Activity** Interventions for people with MSK conditions

For more information on any of these services or working in partnership, please get in touch with the Versus Arthritis Physical Activity team at PhysicalActivityVA@versusarthritis.org

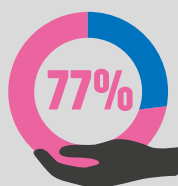
7 IN 10



People with MSK conditions would like to be more active.



Over half say that they would find it difficult to become more active.



Wanted greater practical support, such as tips around physical activity and pain management



Over half would like it if there were more activities to do at home.

Education and training

The Professional Engagement team at Versus Arthritis can provide resources, education and support that will help you to help people with arthritis.

Information

When you join our **professional network**, you'll become part of a growing community of healthcare professionals dedicated to pushing back against arthritis. We'll keep you up to date on the latest developments in MSK health and care and share practical tips, development opportunities and resources.

Education and Training

Our **Core Skills in Musculoskeletal Care** programme helps primary healthcare professionals build confidence in diagnosing and supporting people with MSK conditions. The programme consists of an e-learning course designed in partnership with the Royal College of General Practitioners, digital and practical workshops which are delivered across the UK. Core Skills will help you master the basics of examinations and consultations.

Get access to free, **high-quality webinars** designed for GPs and other healthcare providers who diagnose and manage MSK conditions. Together with the medical education provider Red Whale, we've created these webinars to help you deliver the best care.

Our Guide to the **Clinical Assessment of Patients with Musculoskeletal Conditions** is endorsed by the British Society for Rheumatology and the British Orthopaedic Association. This guide gives you a step-by-step approach to assessing people with MSK conditions.

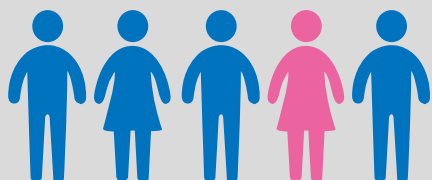
Leadership Development

Our **MSK Champions Programme**, developed in partnership with the Ashridge Business School, helps empower leaders in MSK care. In this programme, we support our champions to implement service improvement projects at a local or national level.

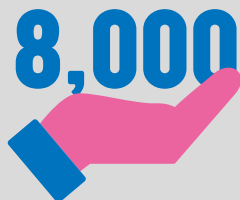
Our resources

- [Professional network](#)
- [Core Skills in Musculoskeletal Care](#)
- [VA/Red Whale webinars](#)
- [Clinical assesment guide](#)
- [MSK Champions Programme](#)

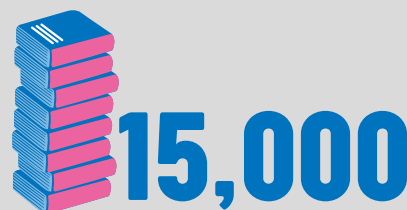
For more information on any of these services, please get in touch at ProfessionalEngagement@versusarthritis.org



Each year one in five people consult a GP about a musculoskeletal condition.



We have over 8,000 people in our professional network.



Over 15,000 healthcare professionals have accessed our resources since March 2020.

Living well with arthritis

Local support for people with arthritis

People with arthritis can benefit from local peer support, information and physical activity. Versus Arthritis has a growing network of volunteers across England, providing support groups, activities and information stands.

Support groups and physical activity

People with all types of arthritis including osteoarthritis, rheumatoid arthritis, fibromyalgia, gout, lupus and more can benefit from sharing information and support together in regular support groups. Most Versus Arthritis groups have guest speakers, including healthcare professionals. Some arthritis support groups include various types of physical activity such as tai chi, seated exercise, hydrotherapy or walking groups and we are currently working to increase our physical activity offer.

See here for the regularly updated [list of local groups](#). We are always looking to work with new volunteers and healthcare professionals to further develop our services by either expanding existing offers or adding completely new ones.

Information about arthritis

Versus Arthritis has a wide range of helpful, professionally reviewed leaflets which are free to order or download. [Click here to order](#)

Volunteers provide regular information stands in some areas in venues such as rheumatology department waiting rooms, GP surgeries, libraries and community centers. Volunteers also attend one-off events with information stands such as Health Expos, Disability Fairs and local community events. We can also keep a stock of leaflets in a static display.



Our resources

Please contact the Living Well with Arthritis Service Manager on l.williams@versusarthritis.org to find out more.



Around 75 local support groups in England.



Over 250 engaged volunteers working locally.



Physical activity including walking groups, Tai Chi and more

We're the 10 million people living with arthritis. We're the carers, researchers, professionals, friends, runners and bakers all united by our goal to challenge arthritis. We refuse to accept arthritis stealing the fundamentals of life from us. Together, we're making real headway, and we'll never stop until no one has to tolerate living with the pain, fatigue or isolation of arthritis.

FOLLOW US



For more information please visit our [website](#)

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**WE ARE
VERSUS
ARTHRITIS**



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